

# Day Camp Packing List

## Daily

Small day pack for outings  
Refillable water bottle  
Sunscreen  
Insect repellent  
Sun hat  
Sweatshirt or fleece  
Rain coat  
Extra set of clothes  
Bandana  
Lunch  
Plastic bags for wet items  
Sneakers  
Sandals with a back strap (no flip-flops)  
*optional*  
Journal *optional*  
Work gloves *optional*

## Protect Yourself Against Lyme Disease in Spring, Summer, and Fall



## Please Do Not Pack

Candy or gum  
Electronics or cell phones

## Tips

- **Footwear:** Rugged, close-toed shoes are best for outdoor adventure. Sandals with back straps may be worn at base camp for cooling off.
- **Lunch:** Healthy, hearty lunches will keep campers going all day long. Please avoid sugary drinks and treats. Snacks will be provided.
- **Weather:** check the weather each day and make good-decisions about what to pack. For example, if it is going to rain all day, then you may choose to send rubber boots and extra clothes.
- **Ticks:** Campers will be romping through the fields and forest each day. Light-colored long pants and long-sleeved shirts made of a light, breathable fabric are best for repelling ticks. Bandanas or hats over long-hair also help. Tick checks will be encouraged throughout the day, but please do thorough tick checks each evening before bed.

## Questions

Please contact Gina Lamarche, Kennebec Land Trust Program Director, by calling 377-2848 or emailing [glamarche@tklt.org](mailto:glamarche@tklt.org).